

*The Instructive District Nursing
Association. Its Sixth Annual Report
for the Year ending January 30, 1892.*

BOSTON.

THE SIXTH ANNUAL REPORT

OF THE

Instructive District Nursing Association

FOR THE YEAR ENDING JANUARY 30, 1892

(Incorporated 1888)

CONTENTS

Act of Incorporation	2
Board of Managers, Officers, and Advisory Board	3
Committees	4
Members of the Corporation	5
Statement of the Objects of the Association and its Plan of Work	6
Report of the Secretary	7
Letter of Dr. Hastings	19
Report of the Treasurer	20
Report of the Supply Committee	22
List of Articles Contributed and Loaned	23
Report of Senior Nurse	26
List of Annual Subscribers and Donors	30
By-Laws of the Corporation	33
Rules for Nurses	36
Form of Bequest	Inside of Cover

ACT OF INCORPORATION.

No. 3480.

COMMONWEALTH OF MASSACHUSETTS.

BE it known that whereas Phebe G. Adam, Anita E. Wheelwright, Mary Minot, Hannah A. Adam, Judith W. Andrews, Abbie C. Howes, Margaret Greene, Clara T. Endicott, Susannah R. Norcross, Alice D. Chandler, Emily W. Appleton, and others, have associated themselves with the intention of forming a corporation under the name of the Instructive District Nursing Association, for the purpose of caring for the sick poor at their homes, and for instruction in home nursing, and have complied with the provisions of the Statutes of this Commonwealth, in such case made and provided, as appears from the certificate of the President, Treasurer, Secretary, and Managers of said corporation, duly approved by the Commissioner of Corporations, and recorded in this office,

Now, therefore, I, Henry B. Peirce, Secretary of the Commonwealth of Massachusetts, do hereby certify that said P. G. Adam, A. E. Wheelwright, M. Minot, H. A. Adam, J. W. Andrews, A. C. Howes, M. Greene, C. T. Endicott, S. R. Norcross, A. D. Chandler, E. W. Appleton, and others, their associates and successors, are legally organized and established as, and are hereby made an existing corporation under the name of, the Instructive District Nursing Association, with the powers, rights and privileges, and subject to the limitations, duties and restrictions which by law appertain thereto.

Witness my official signature hereunto subscribed, and the seal of the Commonwealth of Massachusetts hereunto affixed, this twenty-sixth day of December, in the year of our Lord one thousand eight hundred and eighty-eight.

HENRY B. PEIRCE,

Secretary of the Commonwealth.

[SEAL]

BOARD OF MANAGERS.

President.

Miss PHEBE G. ADAM, Bishop Street, Jamaica Plain.

Vice-President.

Miss ANNE P. CARY, 34 Commonwealth Avenue, Boston.

Secretary.

Mrs. W. T. SEDGWICK, 5 Brimmer Street, Boston.

Treasurer.

Mrs. OTIS NORCROSS, JR., 249 Marlborough Street, Boston.

(SUSANNAH R. NORCROSS.)

MISS HANNAH A. ADAM	Bishop St., Jamaica Plain.
MRS. RICHARD CARY	38 Chestnut St., Boston.
MISS ELIZABETH P. CORDNER	55 Chestnut St., Boston.
MISS EMILY G. DENNY	Upland Road, Brookline.
MISS CLARA T. ENDICOTT	32 Beacon St., Boston.
MISS ABBIE C. HOWES	67 Chester Sq., Boston.
MISS MARY MINOT	245 Marlborough St., Boston.
MRS. JOHN RITCHIE	10 Mt. Vernon St., Boston.
MRS. WILLIAM B. ROGERS	117 Marlborough St., Boston.
MISS CATHERINE E. RUSSELL	407 Marlborough St., Boston.
MISS ANITA E. WHEELWRIGHT	133 Mt. Vernon St., Boston.

HONORARY MEMBERS.

MRS. WILLIAM APPLETON	76 Beacon St., Boston.
MISS MARY RUSSELL	72 Beacon St., Boston.

ADVISORY BOARD.

MR. WM. ENDICOTT, JR. . . .	32 Beacon St., Boston.
DR. FRANCIS MINOT	65 Marlborough St., Boston.
MRS. CHAS. D. HOMANS	184 Marlborough St., Boston.
MRS. S. T. HOOPER	570 Warren St., Roxbury.
DR. VINCENT Y. BOWDITCH	113 Boylston St., Boston.
MR. LEWIS WM. TAPPAN	Hotel Cluny, Boston.
MR. EUGENE B. HAGAR	53 State St., Boston.

EXECUTIVE COMMITTEE.

MISS P. G. ADAM. MISS A. P. CARY. MRS. W. T. SEDGWICK.

DISTRICT COMMITTEES.

North End, No. 2.

MISS H. A. ADAM MISS C. E. RUSSELL.

North End, No. 3.

MISS MARY MINOT MRS. OTIS NORCROSS, JR.

West End.

MISS A. E. WHEELWRIGHT MISS E. G. DENNY.

Central.

MISS C. T. ENDICOTT MRS. JOHN RITCHIE.

South End.

MRS. W. T. SEDGWICK MRS. W. B. ROGERS.

South Boston, No. 8.

MISS A. P. CARY MISS A. C. HOWES.

South Boston, No. 9.

MRS RICHARD CARY MISS E. P. CORDNER.

Nurse at large.—MISS P. G. ADAM.

SUPPLY COMMITTEE.

MISS H. A. ADAM. MISS C. E. RUSSELL. MISS E. G. DENNY.

Office : Room 64, No. 2 Park Square.

Open daily (except Sunday) from 9 A.M. to 2 P.M.

Agent : MISS L. J. PAYSON.

MEMBERS OF THE CORPORATION.

Extract from the By-Laws. — ARTICLE I. The Corporation of the Instructive District Nursing Association shall consist of those persons named in the Act of Incorporation: of those persons who have been and may be Managers; of the Advisory Board for the time being; of such persons as shall contribute to the funds of the Association at any one time the sum of one hundred dollars (\$100) or more, each; and of such other persons as shall be, at any meeting of the Corporation, elected members by ballot — the affirmative vote of two thirds of those present and voting being necessary for a choice.

Adam, Miss Hannah A.	Hooper, Mrs. S. T.
Adam, Miss Phebe G.	Howes, Miss Abbie C.
Andrews, Mrs. Judith W.	Ireland, Miss C. I.
Appleton, Mrs. William	Mason, Miss E. F.
Bowditch, Miss Charlotte	Mason, Miss I. M.
Bowditch, Vincent Y., M.D.	Minot, Francis, M.D.
Bradlee, Miss Helen	Minot, Miss Mary
Cary, Miss Anne P.	Norcross, Mrs. Otis, Jr.
Cary, Mrs. Richard	Palfrey, Mrs. F. W.
Chandler, Mrs. F. W.	Parkinson, Mrs. John
Cordner, Miss E. P.	Pierce, Henry L.
Denny, Miss Emily G.	Ritchie, Mrs. John
Endicott, Miss Clara T.	Rogers, Mrs. William B.
Endicott, William, Jr.	Russell, Miss Catherine E.
Fairchild, Mrs. Charles	Russell, Miss Mary
Greene, Mrs. J. S. Copley	Sedgwick, Mrs. W. T.
Greene, Miss Margaret	Shaw, Miss Pauline
Hagar, Eugene B.	Shaw, Mrs. Quincy A.
*Higginson, George	Tappan, Lewis Wm.
Homans, Mrs. Charles D.	Weld, Mrs. William F.
	Wheelwright, Miss Anita E.

* Deceased.

PRECISE OBJECTS
OF THE
INSTRUCTIVE DISTRICT NURSING ASSOCIATION.

THE Boston Dispensary, established in 1796, divides the city of Boston into ten out-patient districts, each of which is provided with a competent physician, who administers medical and surgical treatment, free of charge, upon proper application. No nurses, however, are supplied by the Dispensary.

The Instructive District Nursing Association, organized in 1886, provides and supports nurses, duly certificated by some well-known training school, who, acting under the immediate direction of the out-patient physicians of the Boston Dispensary, care for the sick poor in their own homes instead of in hospitals. As an integral part of their service, the district nurses are required to instruct the families they visit, by example and by precept, to take better care of themselves and their neighbors, and to promote their own welfare and the public health by obeying the laws of wholesome living and by practicing the simpler arts of domestic nursing. This work is intended to supplement, not to duplicate, the proper function of hospitals; ordinarily, only those cases are attended which the hospitals do not receive. Special nurses are supplied on the request of any physician of standing, according to the subjoined formula, upon a post-card, which may be procured from the agent of the Association, who is in daily attendance at the office from 9 A.M. until 2 P.M.

INSTRUCTIVE DISTRICT NURSING ASSOCIATION.

Name of Patient.....
Address.....
Disease.....
Circumstances.....
Orders.....
Signed.....
Attending Physician.

For these reasons the organization is known as The Instructive District Nursing Association.

ANNUAL REPORT.

THE Instructive District Nursing Association takes pleasure in presenting to the generous supporters of its work the Sixth Annual Report of what it has accomplished, and a statement of its needs.

Statistically considered, the work of the nurses for the year ending January 31, 1892, is as follows: Statistics.

	Districts.	Cases.	Visits with Physician.	Visits by Nurse alone.
II.	North End	443	2,672	2,859
III.	North End	487	2,105	4,639
IV.	West End	364	757	2,889
VI.	Central	448	2,039	3,114
VII.	South End	577	697	5,418
VIII.	South Boston . . .	387	1,823	3,184
IX.	South Boston . . .	400	1,520	3,472
	Emergency cases . .	16	28 days ;	35 $\frac{1}{4}$ nights.
	Total	3,122	11,613*	25,575

This is an increase over last year of 508 cases, and of 2,159 visits by the nurses, without counting those made by them with the physicians.

The experience of the past six years has demonstrated that there is a legitimate field and an urgent need for the work which the Association set out to do. The passion for city life has become a disease which is more and more epidemic in all classes. This involves, among the poorer people, greater crowding into

* Besides 28 whole days and 35 $\frac{1}{4}$ whole nights.

tenements, less attention to cleanliness and order, more danger of the spread of contagion, and, consequently, increasing calls upon the Dispensary and the district nurse. Our methods as first adopted remain practically unchanged; this is partly due to the wise foresight and experience of those who inaugurated the system, and partly, no doubt, to the elasticity *within limits* of the system itself. No two districts make quite the same demands, and we have learned by experience that both physician and nurse must have a certain freedom in the arrangement of their time and service, that the efficiency and harmony may continue which universally prevail in the seven districts of the city now supplied by us with nurses. An effort to bring into all the districts a more uniform method of working has recently been discussed. Conferences with all the physicians have proved that any set of hard-and-fast rules would be a hindrance to effective service in work where the demands differ so widely as they do in the Dispensary districts. Much, therefore, is left to the judgment of physician and nurse; and while it sometimes seems, as has been said, that "all the patients live up three flights of stairs," there does not at present appear to be any way of making the daily routine lighter. We have, therefore, to trust to the consideration of the physicians that the nurses shall not be required to do unnecessary climbing of stairs, or be kept beyond reasonable hours.

**Diversity of
Working
Methods.**

**Thanks to
Physicians.**

We gratefully acknowledge the courtesy and thoughtfulness shown by the physicians, who have all expressed the value to their work of the help given by the nurses.

**Method of
Work.**

A certain prescribed routine is, however, as essential as freedom, to avoid confusion and waste of time. Hence, in all the districts the nurse meets her physician daily at a stated place and hour, receiving from him orders for the day, reporting to him the progress of cases for the past twenty-four hours, and making with him, then or later, such visits as require the presence of them both. A weekly report of work done is made by each nurse to the Managers

of her district at the office (No. 2 Park Square), such report being filed in writing by the agent upon the records of the Association.

The President receives monthly written reports from each nurse, and also meets the entire staff of nurses once a month at the office — a time for mutual suggestion and careful inquiry into details. In the week following this meeting comes the regular monthly meeting of the Managers, who thus have an opportunity to compare the work in the different districts, who discuss difficult problems of relief, and who conduct the regular business of the Association. It is at the option of the Managers to visit the homes of the patients either with the nurse or alone. We are not an almsgiving association, but the Managers may give such aid as seems to them individually wise. The nurses are allowed to give nothing but what is ordered by the physician.

Concerning
Almsgiving

The nurses are expected to work for eight hours each day; but it often happens that this time is extended by stress of circumstances, and the nurses have usually been the last to complain of the extra service required. Again, it is usually sufficient for a nurse to pay two visits daily at one house, even when the patient is very ill; but a nurse reported once this winter that she was going six times a day to see a child so ill with pneumonia that the physician had said from the first it would be impossible to bring him through alive. Careful nursing really seemed to be the ultimate reason of his cure.

Amount of
Daily Service.

As we have repeatedly insisted, the object of the Association is not to attend legitimate hospital cases, but to care for such of the sick poor in their own homes as are not admissible to hospitals. There are not, and there never can be, hospitals enough to care for all cases of grave illness in times of prolonged epidemics, such as the influenza, for example, through which we have passed for two winters. Moreover our nurses going about from house to house prevent hundreds of such cases from becoming serious, and the family is put upon a self-supporting basis much sooner than

Not a Substi-
tute for
Hospitals.

if the patient had lingered along until there was sufficient reason for his admission to the already crowded hospitals. There are also the chronic and incurable cases which the hospitals do not receive, and the cases where the patients would sooner die than go to a hospital — a prejudice wrong enough, but often impossible to conquer.

Sometimes the prejudice is not wrong — when it means the breaking up of the home, and the hopeless disorder that follows the removal of the head of the family, who alone can give guidance and support to the others. In this connection the indorsement which was given at our last Annual Meeting by Dr. Rowe, Superintendent of the City Hospital, is most gratifying. After speaking of the way in which popular prejudice about training schools for nurses has been overcome, he offered his congratulations to our Association

**Kind of
Cases Treated.**

on the scope and quality of its work, and further said that it was an invaluable aid to the hospitals, inasmuch as it prepares the minds of patients for the treatment or operations which it is necessary for them to undergo when removed from our

care to that of the hospital, and leaves the physicians with fewer prejudices to contend against. For instance, a bath, which is often the first thing ordered on arrival at the hospital, is less apt to be regarded as an infliction or a disgrace, since the advent of the district nurse.

We have reason to believe, moreover, that the words of an English writer¹ on similar work in his own country apply no less to our own. He says: "The work done by district nursing is, in proportion to its results, far less costly than that done by the hospitals." A table has been placed at the end

**Testimony of
a Hospital
Superin-
tendent.**

of the report, showing the progress and average expenses of our work between the years 1886 and 1892.

¹ The History and Progress of District Nursing, by William Rathbone, M.P. Macmillan, 1890.

In the instructive part of the work we meet with much the same story of success and failure as in times past. Where populations shift so frequently as they do in the poorest quarters, it must sometimes seem as if one were never to find that any previous illness had taught the wife or mother even the first requirements in the care of the sick. Our work is from first to last a struggle — for fresh air, cleanliness, and obedience to authority — and a struggle always with blind prejudice, ignorance, deceit, and a certain love for filth, or at least indifference to dirt. This is well illustrated by anecdotes taken from the written reports of nurses, as follows :

Sanitary
Education a
Struggle.

“A child four years old had double pneumonia. I found her in a very dirty and uncomfortable condition, propped up with old clothes into a sitting posture on a lounge. She was very weak, had some fever, and persistent vomiting. On inquiry, I found that the mother had not sent for the medicine ordered by the doctor the afternoon before. I sent her at once, and while she was gone I undressed the child, gave her a warm bath, put on a cotton jacket and nightdress (which I had brought with me from the Loan Closet), and made up a fresh bed. The mother soon returned, and after giving her directions about medicine and nourishment I left, feeling that the child would be all right for twelve hours. However, I was passing the house about half-past five the same afternoon, and went in to see if the mother had carried out the directions as she promised. I

Typical
Cases.

found the mother washing, and my poor little patient sitting in a rocking-chair close to the tubs. She looked more like a dead child than a live one. Her temperature was 105.4° , and the pulse so rapid and feeble it could not be counted. The mother said the child had not taken any medicine or nourishment, and that she put her in the chair because she thought she was growing weak in bed. I stayed until I had relieved the breathing and lowered the temperature; and the mother sat up all night following out my directions exactly. It took much careful nursing to bring the child through, but the mother proved equal to the occasion, and told me

A Child
with
Pneumonia.

the last time I was there that this was the first really serious illness she had ever seen, and that she had learned a great deal about nursing."

"I went one day to see if a young Irish woman was carrying out the doctor's orders about her sick baby. The woman was sitting in a filthy kitchen, doing nothing. As I wished to see the baby's face, I took a piece of cloth and endeavored to teach the mother how to wash the glass of the windows, which were so brown with dirt and cobwebs that they admitted scant light. The next time I called, I was astonished to find the room sweet and clean, and the woman herself likewise, who informed me that she thought I would like it."

**A Lesson in
Cleanliness.**

It is not uncommon, however, to trace the good effects of our instructive work. When, after perhaps two years, a nurse comes for a second or third time to a family, in which some person is ill with typhoid fever or pneumonia, and finds the bed clean, the room aired but properly warmed, and, it may be, a cotton jacket prepared, she is instantly repaid for weeks of precept upon precept, and for a score of cases where her words had no apparent effect. Now and then we find the saving grace of humor in work which else would be almost too depressing from its wretchedness, and slow, even when sure, progress. For instance, a nurse writes: "No doubt people are much alike in sickness about wishing to know what is the matter with them — 'to give the ill they cannot cure a name' — but the district patients have an especial weakness of this sort. On one occasion, I remember, a little child had an eruption of the skin. When the mother asked the doctor what it was, he answered, 'Urticaria.' Soon after a neighbor came in, and asked what was the matter. The mother said promptly, 'Dirty-caria.' She had spoken better than she knew. So now when the doctor, in reply to their questions, says it is 'the grippe,' there is almost a look of satisfaction on their faces."

A nurse writes that in cases of typhoid fever which are comparatively mild "more vigilance is required on my part to see that

the doctor's orders as to diet and staying in bed are faithfully carried out than in more severe cases, where the friends realize the danger. For instance, an eight-year-old boy whose temperature was 104° , and who was allowed milk diet only, was found one morning extra neatly covered up in bed. When I said, 'Shake hands, John Peter,' he quickly gave the left hand; and when I said, 'The other one, please,' and took it, it proved to be well filled with a mutton chop. When this was removed, and the mother had been properly reproved, on turning the pillows I found a couple of baked potatoes. It is particularly hard to make the friends see that the patient's wishes for food should be steadily refused."

Difficulty of
Managing
Mild Cases.

The larger number of our cases are children, and we also find that the children are our most apt and willing pupils. It may be that they learn faster and remember better than their elders because they have fewer prejudices to overcome; but whatever the cause, there is reason to hope for a better sanitary condition of affairs in the next decade on account of the education of the children by our nurses.

Educative
Influence upon
Children.

To quote again from the reports: "Two of my patients, a man and his wife, both had pneumonia; both were very sick and required care. Four people in the same house were all in bed, sick, and could give no assistance. The woman's married sister took care of them at night, and, with the help of a younger one, I was able to manage for them in the day; she stayed while I went about with the doctor or visited the other patients. I went there every morning, took their temperatures, made their beds, put on clean clothes and fresh cotton jackets, and gave directions to the girl what to do for them till I got back. I taught her how to make the cotton jackets and poultices, and to change the sheets and keep the temperature of the room even. She followed out my directions in a most satisfactory manner, and was always delighted when I taught her anything new. I had another bright little pupil in the same house; but in all cases I found the children and young girls were always pleased to learn." "One patient, a woman forty years of age, ill with gastritis caused by

Child
Assistants.

excessive drinking, had no one to take care of her but her little daughter twelve years old, but she did excellently. I always found the medicine bottles neatly arranged, and she could tell accurately when she had given each kind, and was much more careful in carrying out all other instructions than many older people."

"One of the most interesting of the surgical cases was that of a young man seventeen years old who worked in a printing office, but who, on Saturday evenings, would go to a provision store to help for a few hours. One night some one accidentally struck him with a knife, cutting a gash across the back of his hand about three inches long. He went to a physician, who sewed it up after washing it in a little carbolic solution, and then put a bandage around it and sent him home. He charged him six dollars for doing this. On Monday it began to pain him and he went to see the doctor again, who told him he must expect some pain in it, but that if he would come Saturday and bring two dollars he would remove the stitches. On Wednesday it was very much swollen and very painful. His brother went up to see the doctor again, and he told him to put on a poultice if the pain was very bad. By Friday the swelling had extended as far as the elbow and the pain was going still further up the arm, so they decided to send for the Dispensary physician. He removed the stitches, which were sloughing out, and then, after thoroughly washing it, I did it up with an antiseptic dressing, putting on a temporary splint of cardboard. The whole tissue around the cut sloughed away to the depth of about one half inch. This I dressed every day antiseptically, and in just two weeks from the day it was first dressed I dressed it for the last time, so that on the following Monday he went back to his work. He had no pain in it after the first dressing. This was a very good example of the value of antiseptics."

Our Loan Closet at the Dispensary, of appliances for the sick room and of clothing for beds and patients, becomes all the time a more indispensable feature. However worn they may be, we oblige the patient to return the articles loaned in as clean a condition as possible; and we find that even this simple rule has its moral effect.

Value of
Loan Closet.

If the article is loaned, not given, better care is taken of it, so that it lasts much longer; and the little effort required to return it in good condition is salutary.

Most welcome aids to the work of the Association are the Diet Kitchens and the New England Kitchen. With many a patient it is as much a case of proper nourishment as of medicine, so that these admirable organizations are most important auxiliaries. The difficulty of getting decently clean and fresh milk supplied for the children is a serious obstacle to recovery and to good health in general. For instance, one nurse reported that she had a number of cholera infantum cases caused by improper diet. "In one case I found a mother feeding her six-weeks-old infant with sweet potato, and I often find sick babies sucking big pieces of pie or cake 'to keep them quiet.' Then the mothers will try to impress on us the fact that they must be taking the best possible care of their babies, because they have 'so many bottles,' which they will bring out to show; and poisonous-looking things they are, into which the wretched bake-shop milk is put. The good milk we could give them (from the Kitchens) with some simple medicine did a wonderful work; but car and carriage rides were also a great help."

Diet Kitchens
and
New England
Kitchen.

We would once more thank Trinity Parish for the free use of a supply room in St. Andrews' building on Chambers Street. But for our connection with the Boston Dispensary our usefulness would be immeasurably curtailed, and well-nigh impossible. To it we are constantly indebted in many ways, but we would especially make mention here of the free use of a supply room at their principal office.

Acknowledg-
ment to
Trinity Parish
and the
Boston Dis-
pensary.

Still another minor help which is warmly appreciated comes from the druggists in several districts. Their shops frequently form the most convenient places of daily meeting for physician and nurse, and we are told of frequent acts of courtesy and generosity on their part.

Kindness of
Druggists.

To the Young Men's Christian Union, through which our patients have received the benefit of Country Week and free carriage rides, we would extend hearty thanks. These glimpses of out-of-doors were during the spring and summer almost like a new lease of life to many a weary sufferer, the good from which it is difficult to estimate in words. For those who are less ill, the free car rides were an almost equally appreciated help and pleasure. To all the gentlemen who interested themselves in this way in our work, we gratefully acknowledge our indebtedness.

The Managers feel that they have been peculiarly fortunate in the staff of nurses who do the actual work of relief. To do district nursing successfully, not skill alone, but a certain amount of missionary zeal, combined with unbounded tact and firmness, is required. The intelligence and devotion of those who serve under us is the real secret of our success. We grieve that failing health removed from us in the autumn one of those who had been longest with us, and who had served in one of the most difficult districts with rare devotion and success. It was said of her by the physician with whom she worked, that "the trouble with her is that she tried to be a mother to every family in the North End."

The cost of a nurse amounts to seven hundred dollars (\$700) a year. When the running expenses of the Association are also considered, it will be seen that in order to continue our work upon its *present* basis a sum of not less than six thousand dollars (\$6,000) is needed for the coming year.

Instructive District Nursing, of which the *Lancet* says, "A scheme which aims at providing the sick poor in their own homes with the advantage of skilled nursing, is, on the face of it, as useful as humane," can no longer be regarded as an experiment. Since, then, our work has proven its right to exist by virtue of the good it accomplishes for humanity, we ask with confidence an ever-increasing annual support from the public. The Board will never

rest satisfied until all the ten districts of the city are equally cared for, and it is a matter of regret to them that it has not been possible to extend the limits of the work during the year just closed.

**Desire to Ex-
tend the Work.**

We have recently received such a gift that we expect very soon to occupy another Dispensary district, and we hope that our appeal this year will meet with such an encouraging response as will enable us to supply also the two remaining Dispensary districts. But first let our present field be assured to us that there may be no question raised of possible retrenchment, such as always faces an organization dependent upon voluntary, annual, subscriptions. Small subscriptions that are annually to be depended upon are as welcome as any others, and we most earnestly solicit the generosity of friends who have made possible the work of the past, and of new friends who desire to see it carried forward.

MARY K. SEDGWICK, *Secretary.*

TABULAR STATEMENT OF THE PROGRESS OF THE ASSOCIATION.
1887—1892.

For the year ending Jan. 31.	Number of Nurses Supported.	Number of Districts Occupied.	Number of Cases Attended.	Number of Visits Made.	Annual Expenses.	Average Expense per Case.	Average Expense per Visit.	Average of Visits per Case.	Average of Visits per Day.
1887	2	2	707	7,182	\$1,224.01	\$1.73	\$0.17	10	22
1888	5 †4½	5 †4½	1,836	17,056	\$2,691.46	\$1.47	\$0.16	9	54.5
*1889	5 †4¾	5 †4¾	1,543	12,780	\$3,524.69	\$2.28	\$0.28	8	41.09
1890	6	6	2,131	26,056	\$4,498.14	\$2.11	\$0.17	12	83.2
1891	7 6 full	7 6 full	2,614	32,303	\$4,700.71	\$1.80	\$0.14½	12	103.24
1892	7	7	3,122	37,188	\$5,422.57	\$1.74	\$0.14	11+	118.81
<i>Totals</i>	—	—	11,953	132,565	\$22,061.58	\$1.85	\$0.18	10	70.47

* During this year an emergency nurse was regularly employed throughout the year; but the calls upon her were so few that the practice was discontinued. The average expense was increased and the average work was less than in other years by reason of this experiment.

† Four nurses were employed during 12 months, and a fifth during 6 months and 9 months respectively.

WE subjoin by permission a letter from the official head of the Dispensary, to our President, expressive of the mutually helpful and friendly relations existing between the two organizations:

284 MARLBOROUGH STREET, Feb. 25, 1892.

My Dear Miss Adam: I am very glad once more of the opportunity to say a word in favor of the Instructive District Nursing Association. Ever since it started it has been a great aid to the district physicians of the Boston Dispensary, and its good work has been most thoroughly appreciated by all connected with our institution. We are now furnishing medical relief annually, in their homes, to more than sixteen thousand of the sick poor of Boston; and this great work would suffer very much were it not for the nurses supplied by your organization. I feel there is every reason why you should continue your successful labors, and, if possible, enlarge the usefulness of a very much needed charity.

Hoping you may obtain the necessary funds to carry out your plans, I am,

Very truly yours, W. H. H. HASTINGS.

TREASURER'S REPORT.

THE balance on hand February 1, 1891 (\$301.38), was \$802.95 less than on February 1, 1890; but happily our receipts for the past year (\$5,707.03) exceeded those of the preceding year (\$3,897.76) by \$1,809.27. The increased receipts allowed us to supply an additional nurse, and thus our expenses for the past year (\$5,422.57) exceeded those of the preceding year (\$4,700.71) by \$721.86. We begin the new year with a balance on hand of \$585.84.

To correct a wrong impression that some of our friends have as to the salaries paid our nurses, it seems best to state again that the nurses receive \$40 per month during the three months' probation, and then \$45 per month; after two years' service the salary is \$50 per month. In addition, each nurse is allowed \$4 per month for car fares and \$2 per month for charwoman and the necessary washing for patients; also one month's vacation without loss of pay, a substitute at \$40 per month being provided. A new nurse may thus cost the Association \$637, and one two years in service \$712. Besides the nurses' salaries there are the running expenses of the Association, including rent, supplies, and agent's salary. The rent is for a room in Park Building for the use of the Board of Managers and agent, and for two rooms—one at the North End and one at South Boston—where the supplies are kept, and where the nurses rest at noon.

We have supported seven nurses the past year; there were three Dispensary districts not provided for.

We are assured of one additional nurse through the liberality of a friend, and we very much desire this year that other friends would make it possible for us to supply the two remaining vacant districts.

An increase in our list of annual subscribers for large or small amounts would be gratifying.

The Treasurer's account in detail follows.

Dr. INSTRUCTIVE DISTRICT NURSING ASSOCIATION, in account with SUSANNAH R. NORCROSS, Treasurer. Cr.

PAYMENTS.		RECEIPTS.	
To Cash paid for		By Balance on hand February 1, 1891:	
Salaries to Regular Nurses	\$3,782.00	Cash as per Treasurer's account	\$294.60
" " Substitute Nurses	360.55	" " in hands of Supply Committee and Agent	6.78
" " Emergency Nurses	66.25		
" " Agent and Substitute	390.00		
Wages: Care of Office	2.35	By Cash: Annual Subscriptions	\$301.38
Incidental Expenses of Nurses and Agent	2.35	Donations	\$3,703.00
Rents: Room, 64 Park Building	\$228.00	Interest on Deposits in American Loan and Trust Co.	1,949.00
" " 166 Salem Street	60.67	Sundry payments toward expense of Emergency Nurses	48.03
" " 15 B Street, South Boston, 18 weeks	18.00		7.00
" " Ellis Building, South Boston, 34 weeks	34.00		
Supplies for Nurses and others	340.67		
Annual Report	79.08		
Stationery and Printing	33.50		
Balance on hand:	26.81		
Cash on deposit in American Loan and Trust Co.	\$560.84		
Cash in hands of Supply Committee	25.00		
	585.84		
	<u>\$6,008.41</u>		<u>\$6,008.41</u>

Boston, January 30, 1892.

SUSANNAH R. NORCROSS, Treasurer.

Boston, February 15, 1892. I have examined the foregoing account for the year ending January 30, 1892, and find it correct, and properly vouched for.

GEORGE WIGGLESWORTH, Auditor (appointed by the Board of Managers).

REPORT OF SUPPLY COMMITTEE.

IN thanking all friends, and especially the Employment Societies of King's Chapel and of Trinity Church, who have generously contributed supplies to our Loan Closets, the Committee feels obliged to remind all generous donors that *only* such articles as can be used in the sick room should be sent. Underclothing for patients passing out of our nurses' care is undesirable, as all articles are lent only during illness. *The things most needed are sheets, pillow-cases, nightdresses for men, women, and children, old cotton and linen, and towels.*

Nothing should be sent to the office at 2 Park Square, as no provision is made to receive anything there; but all contributions should be sent to the care of the janitor at the Boston Dispensary, corner of Ash and Bennet Streets, addressed to the "Instructive District Nursing Association," and at the same time a notice should be sent to the Chairman of the Supply Committee, Miss H. A. Adam, 4 Bishop Street, Jamaica Plain, to insure prompt acknowledgment of all donations.

HANNAH A. ADAM,	}	<i>Supply Committee.</i>
EMILY G. DENNY,		
CATHERINE E. RUSSELL,		

LIST OF CONTRIBUTIONS.

- Eight sheets and four towels. — MISS BARTLETT.
- Pictures and toys for Christmas. — MARGARET and MEA BOWDITCH.
- One afghan and scrapbooks. — MISS M. S. BROWN.
- One dozen pillow-cases and eighteen diapers. — MISS S. L. CUNNINGHAM.
- One box of toys for Christmas. — A FRIEND, by Miss Adam.
- One wrapper. — A FRIEND.
- One large bundle of old cotton. — A FRIEND.
- One shoo fly rocking-horse. — A FRIEND.
- One wrapper. — A FRIEND.
- One wrapper. — MISS EUGENIA GARDINER.
- One bundle of old cotton and linen. — MRS. C. H. GIBSON.
- One linen sheet, old linen, four poke pillows, eight pillow-cases, and seven pus pans. — MISS A. C. HOWES.
- One bundle of linen. — MRS. HENRY HYDE.
- Sixty-nine chemises, thirty-five pairs of drawers, thirty-six nightgowns, two nightshirts, twenty-five waists, fifteen flannel skirts, thirteen flannel sacks, seven pinning blankets, seven infant's nightgowns, eight cotton slips, nine small flannel skirts, ten aprons, eleven cotton sacks, twenty-three bedgowns, thirteen infant's flannel nightgowns, eleven infant's flannel petticoats, nine infant's calico slips, fifteen calico sacks, one calico wrapper, nine small flannel petticoats, eight blue flannel petticoats, nine shirts, twelve pillow-cases, four sheets, sixteen small nightgowns, four girl's waists, two calico dresses. — KING'S CHAPEL EMPLOYMENT SOCIETY, by Miss I. P. Curtis.
- One cot bed. — KING'S CHAPEL, through Miss Mary Minot.
- One rubber bag, one rubber cushion, and two syringes. — MRS. MORSE.

Bundles of old cotton and linen, six chemises, six pairs of stockings, three pairs of drawers, three dresses, three flannel vests, one pair shoes, and one pair slippers. — MISS MARY MINOT.

Treasurer's account book. — MR. OTIS NORCROSS.

One baby carriage. — MR. PEABODY (Peabody-Whitney Company).

One baby carriage, two infant's blankets. — MRS. CHARLES W. RIDDLE.

One pair of bed shoes, a flannel petticoat, two belly bands, and some old linen, old under flannels, drawers, shirts, and linen handkerchiefs. — MRS. WM. B. ROGERS.

Stamped envelopes and printing circulars. — MISS RUSSELL.

Six children's cotton-flannel nightgowns. — MRS. GIDEON SCULL.

One dressing gown, two pairs pantaloons, one vest, one coat, one outside coat, one flannel shirt, one comforter, one cap, six pairs cotton drawers, four pairs pants, one pair shoes, one pair flannel drawers, three nightshirts, one vest, one pair boots, and one coat. — MRS. EDWARD SHERWIN.

One douche pan and pail. — DR. SPRAGUE.

Ten flannel waists, eight cotton waists, three small nightgowns, one doll, one lamb, two pairs slippers, one pair shoes, two pairs boots, two flannel petticoats, two blankets, one pair mittens, one boy's jacket, two pairs pants, one pair stockings, one baby blanket, one small wrapper. — MRS. RICHARD STONE.

Four pillow-cases, two infant's dresses, two bedgowns. — TEN MINUTES A DAY SOCIETY, by Miss M. S. Brown.

Ten nightgowns, ten chemises, ten drawers, ten sheets, ten pillow-cases, two calico dresses, four flannel skirts, two flannel shirts. — TRINITY CHURCH EMPLOYMENT SOCIETY, by Mrs. G. Howland Shaw.

Nineteen sheets, thirty-two pillow-cases, two flannel sacks, three nightgowns, and eight aprons. — TRINITY CHURCH INDUSTRIAL SOCIETY.

One flannel wrapper, one calico wrapper, three comforters, old nightdresses and pillow-cases, old cotton, linen, and flannel. — MISS M. R. WARE.

ARTICLES LOANED.

Cot beds	2	Infant's flannel sack	1
Pillows	3	Pinning blanket	1
Blanket	1	Stockings	2
Comforter	1	Rubber rings	15
Sheets	89	Rubber pillow	1
Rubber sheets	6	Hot water bags	5
Pillow-cases	59	Syringes	7
Nightshirts	24	Atomizers	18
Nightdresses	43	Douche bags	10
Children's nightdresses	31	Feeders	11
Bedgowns	5	Bed pans	30
Chemises	3	Ice bags	2
Flannel sacks	17	Bandages	13
Children's shirts	8	Breast bandages	7
Under-vests	3	Bed rest	1
Shoulder blanket	1	Crutches	6 pr.
Tires	2	Baby carriages	2
Aprons	2	Pus pan	1
Diapers	82		
Towels	3	Total	527
Infant's flannel shirts	7	Lost and worn out	28
Infant's nightdresses	2		

By the request of the Managers the following account of an average day's work was prepared for the Annual Meeting by the senior member of the staff of nurses now engaged in service:

THE EXPERIENCE OF A SINGLE DAY.

I AM very often asked: "What do you mean by District Nursing? Where do you get your patients, and what do you do for them?"

I answer that the Instructive District Nursing Association employs nurses to take care of any patients who send to the Boston Dispensary for one of the out-patient doctors.

I find the easiest way to give an idea of what is done is to describe some of the cases; or, better still, outline a day's work.

For instance, a few days ago, starting at 8 A.M.: I go first to see the patient who is more dangerously sick than any of the others—a little girl with bronchial pneumonia and whooping cough. I find her mother has kept the room warm and well aired, and carefully carried out the directions given about her medicine, stimulant, and nourishment. As her temperature is high, I give her a sponge bath. I then rub her chest with camphorated oil, and put on a cotton jacket I had made for her.

Then I go to see a little boy just recovering from pneumonia, who is weak and very stiff. I give him a good rubbing, and show his mother how to make a custard and beef tea for him.

Then to see our oldest case, who says she is a hundred. She has had the grippe, has been quite sick, but is now improving. She is not in pain; so I wash her face and hands, rub her back with alcohol, make an eggnog, and leave her calling down numberless blessings on me.

The next case is a two-year-old girl who has bronchitis. I have been at this house before, and am glad to find the sick child

in bed and a hot flannel on her chest. I give her her medicine and milk, which she refused to take from her grandmother.

I notice the four-weeks-old baby is being fed from a cup of tea, as there is no milk in the house. I promise to ask the doctor for a diet order, and show the grandmother how to prepare the baby's food properly.

I next see a woman who has erysipelas. I show her daughter how to make and apply the wash ordered by the doctor, and how to make some beef tea.

Then I go to the Dispensary to get some supplies, and to the Loan Closet to get some sheets and pillow-cases for a needy patient. I meet the physician at twelve o'clock and report the cases I have seen this morning and the preceding afternoon; ask for the diet order, get the new orders, and go with the doctor to see a man who has an abscess which needs to be lanced. When this is done I wash the arm, make a poultice, and put on a sling.

After my luncheon I begin the afternoon round by going to see a woman who has a bruised and crushed ankle. This patient ought to be in the hospital, but does not want to leave her young baby and five children. I dress the wound, put on a splint, and caution her to use it as little as possible.

Then to see two chronic cases — one a woman with an ulcer on her leg. I show her how to dress this. As she cannot leave her room and is fond of reading, I lend her some of the books given by one of the Managers for this purpose. The other patient is a young girl with phthisis, whose mother is glad of any suggestions for Maggie's pleasure or comfort.

The next call is to a family where the seven children have a painful skin disease. I showed their mother how to wash them and to apply the ordered ointment. Any amount of old linen is needed here. One of the children had brought home a stray dog that was afterward found to be covered with sores. The children had all played with the dog, and this was the result — truly a case of mistaken kindness.

The next house I visit is one of the most dismal on the district. Sounds of quarreling come from every room. The halls and

stairs are dark and dirty. The patient's room is up three flights, and contains only a stove, table, and old sofa bed. He is a boy with acute rheumatism. They have not yet sent for the medicine which the doctor ordered the day before. I get the mother to go for this while I do up the patient's knees in cotton wool and bandage. This boy's sister was also a patient; her neck and face were burned. As I dressed this for her she explained that in a friendly scuffle she fell across the stove. She neglected doing anything for it until afraid that her neck was growing crooked. I have twice since found this young woman so intoxicated that she could not be roused sufficiently to have her neck dressed; so I fear this is one of the few hopeless cases.

The next visit is to a German woman, who is in bed, with her face and head, particularly about her eyes, badly burned. She had been heating a can of milk with the stopper in, and it exploded in her face. One of her neighbors told her to put ink on it. She did so, and the result was startling, to say the least. It takes much time and patience to get this properly dressed, as the woman is weak and nervous and understands very little English. She has five small children, and her husband is doing the best he can for her. I stay and show him how to make some gruel for the patient and to prepare the milk for the baby.

I next go across the street to a nine-year-old girl who has had both feet frostbitten. I wash these and poultice as the doctor directed. Four of her schoolmates are here, and watch these doings with great interest.

Then I go to the little girl I saw first in the morning, take her temperature and pulse, and make her comfortable for the night.

The last visit is to a woman who has gastritis. She cannot retain nourishment, and has much pain. A neighbor who had been a patient some time before came in, made the bed, put the room in order, and offered to make a poultice. She did this very nicely while I peptonized some milk which the patient was able to take.

Almost every day I find some former patient carrying out many of the simple directions that have been given during some

former sickness. While this may be taken as a fair day's work, there are many cases requiring hours of care, as, for example, where a child is very sick and the mother also sick, or in emergencies — as hemorrhages, confinements, or operations.

Very often I am asked why I like district better than private nursing; to which I answer that the great variety of cases met with in district work is a valuable experience, while the outdoor exercise, the freedom from care at night and on Sunday, are also among the pleasant features of the work. For although we frequently make Sunday visits to very sick patients, they are not required by either the Managers or physician.

There seem to be three classes to deal with in our work — a few who are too old to change their ways, a few who are indifferent through intemperate habits, and a large number who are grateful for the help and instructions given. I may say that I have been civilly received in all cases, even enthusiastically at times, according to the nationality of the patient.

LIST OF SUBSCRIBERS AND DONORS

FOR THE YEAR ENDING JANUARY 30, 1892.

(an.)—Annual Subscription.

Abbott, Miss Anna W.	\$5.00	<i>Brought forward,</i>	\$1,081.00
Appleton, Mrs. Wm. (<i>an.</i>)	700.00	Fay, Joseph S.	25.00
Ayer, Mrs. James B.	5.00	Fitz, Mrs. W. S. (<i>an.</i>)	50.00
Beebe, Mrs. J. Arthur (<i>an.</i>)	10.00	Fitz, Mrs. W. S.	25.00
Bowditch, Miss Charlotte	150.00	Friend	5.00
Brown, Mrs. James (<i>an.</i>)	5.00	Friend	10.00
Burr, I. Tucker, Jr.	10.00	Friend	30.00
Cary, Miss Anne P.	20.00	Friend (thro' Miss H.A. Adam)	50.00
Cary, Miss Ellen	30.00	Friend (<i>an.</i>)	100.00
Cary, Mrs. Richard (<i>an.</i>)	10.00	Friend (<i>an.</i>)	700.00
Chickering, Miss Harriet R.	2.00	Frothingham, Miss E. A. (<i>an.</i>)	5.00
Codman, Mrs. Charles R.	10.00	Gorham, Miss Ellen (<i>an.</i>)	1.00
Codman, Robert (<i>an.</i>)	10.00	Gorham, Mrs. James L. (<i>an.</i>)	5.00
Collamore, The Misses (<i>an.</i>)	10.00	Gray, Mrs. Horace	25.00
Coolidge, Archibald C. (<i>an.</i>)	10.00	Greene, Mrs. J. S. Copley (<i>an.</i>)	5.00
Coolidge, J. Randolph	10.00	Grew, Mrs. Henry S. (<i>an.</i>)	10.00
Coolidge, Mrs. J. Randolph	10.00	Hagar, Eugene B. (<i>an.</i>)	5.00
Curtis, Mrs. B. R.	5.00	Hammond, Mrs. G. W. (<i>an.</i>)	5.00
Cushing, Miss S. P. (<i>an.</i>)	2.00	Hanks, Mrs. Charles S. (<i>an.</i>)	5.00
Dana, Miss C. W.	15.00	Hardy, Mrs. Alpheus	5.00
Dane, Mrs. Francis (<i>an.</i>)	5.00	Howes, Miss A. C. (<i>an.</i>)	5.00
Dixwell, Arthur	10.00	Hunnewell, Francis W. (<i>an.</i>)	50.00
Dole, Rev. and Mrs. C. F. (<i>an.</i>)	5.00	Jaques, Mrs. Francis	10.00
Dwight, Mrs. Edmund (<i>an.</i>)	5.00	Jaques, Miss H. L.	10.00
"Easter Offering"	2.00	James, Mrs. John W. (<i>an.</i>)	5.00
Eaton, Miss Catharine S.	10.00	Kelly, Miss Elizabeth F.	5.00
Eaton, Miss Lucy H.	10.00	Kent, Mrs. H. M.	5.00
Faulkner, Mrs. George (<i>an.</i>)	5.00	Kimball, Mrs. David P. (<i>an.</i>)	10.00
<i>Carried forward,</i>	\$1,081.00	<i>Carried forward,</i>	\$2,247.00

Brought forward, \$2,247.00
King's Chapel's Donation:

B., Mrs. F.	\$5.00
Bailey, Miss E. H.	5.00
Bartlett, Miss F.	20.00
Bartlett, Mrs. M.	20.00
Bartlett, Miss Mary	15.00
Bates, The Misses	20.00
Blake, Mrs. G. B.	20.00
Bradlee, Miss H.	100.00
Brooks, Mrs. F.	10.00
Brooks, Mrs. S.	50.00
Cash	75.00
Coolidge, Mrs. J. T.	10.00
Curtis, Mrs. Greely	10.00
Curtis, Miss I. P.	3.00
Endicott, Wm., Jr.	600.00
Farwell, Mrs. S. W.	5.00
Flagg, Mrs. A.	25.00
Foote, Mrs. H. W.	5.00
French, Miss	5.00
Friend	5.00
Friend	5.00
Friend	5.00
Friend	25.00
Fuller, Miss M. A.	5.00
Glover, J. B.	20.00
Gray, Mrs. F. T.	5.00
Holmes, Dr. O. W.	10.00
Homans, Miss C.	3.00
Homans, Mrs. John	25.00
Hough, Miss	1.00
Jenks, The Misses	5.00
Jordan, Mrs. E. D.	10.00
Loring, Miss Helen	5.00
Lothrop, Mrs. T. K.	25.00
Lowell, A. Lawrence	10.00
Lowell, Mrs. G.	10.00

Carried forward, \$2,247.00

Brought forward, \$2,247.00
King's Chapel's Donation: (Continued)

Lyman, Mrs. A. T.	\$25.00
Lyman, Miss	10.00
Lyman, Miss Ella	10.00
Manning, Mrs.	10.00
Minot, The Misses	30.00
Mixter, Miss M. C.	20.00
Norcross, Mrs. O., Jr.	10.00
Parkinson, Mrs. J.	50.00
Parkman, Miss	5.00
Parsons, Miss G.	25.00
Pierce, Henry L.	20.00
Plympton, Miss M. L.	5.00
Revere, Mrs. Paul J.	5.00
Rogers, Miss M. O.	2.00
Russell, Miss Alice	5.00
Russell, Mrs. R. S.	10.00
Sampson, Mrs. O. H.	5.00
Sears, Mrs. P. H.	10.00
Sprague, Mrs. F. P.	25.00
Thayer, Mrs. N., Jr.	50.00
Ward, Miss	2.00
Ware, Mrs. C. E.	10.00
Wild, Miss C. H.	10.00
Wolcott, Mrs. Roger	10.00

1,541.00

Lawrence, Amory A.	10.00
*Lawrence, Mrs. Amos A.	10.00
Lawrence, Mrs. Wm. R. (an.)	5.00
Longley, Mrs. James	5.00
Mack, Mrs. Thomas (an.)	5.00
Mason, Miss Ellen F. (an.)	300.00
Mason, Miss Ida M. (an.)	300.00
Minot, Mrs. James J.	5.00
Mixter, Miss M. C.	5.00
Morrill, The Misses	10.00
Morse, Miss Ellen C.	1.00

Carried forward, \$4,441.00

<i>Brought forward,</i>	\$4,444.00
Morse, Mrs. S. T.	10.00
"Never too Late to Mend"	
Sewing Circle	76.00
Norcross, Grenville H. (an.)	10.00
Norcross, Miss Laura (an.)	10.00
Peabody, Mrs. W. A. (an.)	10.00
Peters, Edward D. (an.)	10.00
Phillips, Mrs. John C.	50.00
Pickering, Mr. and Mrs. H.	20.00
Present and Past Parishioners of <i>Trinity Church</i> : (an.)	
Borland, Miss	
Brimmer, Mrs.	
Cochrane, Mrs. Alexander	
Gardner, Mrs. J. L.	
Head, Mrs. Charles	
Hitchcock, Mrs. D. W.	
Motley, Mrs. E. P.	
Nash, Mrs. B. H.	
Palfrey, Miss Anna	
Palfrey, Mrs. F. W.	
Palfrey, Miss Louisa	
Sears, Miss Emily E.	
Sears, Mrs. F. R.	
Shaw, Mrs. G. H.	
Skinner, Mrs. F.	
Thayer, Mrs. E. V. R.	
Whitman, Mrs.	—
	600.00
"Quam"	1.00
Robinson, Mrs. J. C.	5.00
Russell, Miss Marian	20.00

Carried forward, \$5,266.00

<i>Brought forward,</i>	\$5,266.00
Russell, Mrs. R. S.	20.00
Sears, Miss Emily E. (an.)	10.00
Shaw, Mrs. G. H.	10.00
Snow, Mrs. Henry C. (an.)	5.00
Stearns, Mrs. George L.	50.00
Stone, Mrs. Richard (an.)	5.00
Thacher, Mrs. George	10.00
Thayer, Mrs. Nathaniel	50.00
Thomas, Miss Mary	5.00
Ticknor, Miss A. E. (an.)	50.00
Upham, Mrs. M. L. (an.)	5.00
Upton, Miss E.	5.00
Vaughan, Mrs. W. W.	5.00
Wales, Miss M. A.	20.00
Walker, Miss Mary B.	1.00
Ware, Miss Mary L. (an.)	5.00
Warren, Miss Cornelia (an.)	5.00
Warren, Mrs. S. D. (an.)	10.00
Weld, Mrs. Wm. G.	10.00
Wetherell, Mrs. John G. (an.)	5.00
Wheelwright, Miss A. E. (an.)	10.00
Wheelwright, Mrs. Edw. (an.)	5.00
Wheelwright, Miss Sarah	15.00
Whitmore, Miss C. R.	5.00
Whitney, Miss	10.00
Whitwell, Miss Mary H.	5.00
Whitwell, Miss S. L.	10.00
Whitwell, William S.	10.00
Wigglesworth, Edward	10.00
Wigglesworth, Mrs. Edward	10.00
Williams, Miss Louise	10.00

Total, \$5,652.00

BY-LAWS.

ARTICLE I. The Corporation of the INSTRUCTIVE DISTRICT NURSING ASSOCIATION shall consist of those persons named in the Act of Incorporation; of those persons who have been and may be Managers; of the Advisory Board for the time being; of such persons as shall contribute to the funds of the Association at any one time the sum of one hundred dollars (\$100) or more, each: and of such other persons as shall be, at any meeting of the Corporation, elected members by ballot—the affirmative vote of two thirds of those present and voting being necessary for a choice.

ARTICLE II. The officers of the Association shall be a President, Vice-President, Treasurer, Secretary, and Board of Managers, of which Board said officers shall be members, and which, including such officers, shall be not less than fifteen, or more than twenty in number.

The said Board shall have the entire management of the business of the Association.

ARTICLE III. The Managers, President, Vice-President, Treasurer, and Secretary shall be chosen by ballot at the annual meeting, or an adjournment thereof, or at a meeting in lieu of such annual meeting as hereinafter provided, and shall hold their offices for one year from the last Wednesday of February in the year in which they are chosen, and thereafter until others are chosen and qualified in their stead.

ARTICLE IV. The financial year shall end with the last day of January in each year. The annual meeting of the Association shall be held on the last Wednesday of February in each year, at such place and time as the Board of Managers shall direct. In the event of the annual meeting, by mistake or otherwise, not

being called and held as herein prescribed, the Managers shall order a special meeting to be called and held in lieu of and for the purpose of the annual meeting.

ARTICLE V. Any vacancy occurring in the Board of Managers or in the office of President, Vice-President, Secretary or Treasurer, shall be filled by the remaining members of the Board at their next regular meeting, or at a special meeting to be called for the purpose before such regular meeting.

ARTICLE VI. Special meetings of the Association shall be held whenever five members shall so request the Secretary in writing, which writing shall briefly state the purposes for which the meeting is to be called.

ARTICLE VII. At any meeting of the Association a quorum shall consist of five members, but a majority of the members present and voting may adjourn any meeting from time to time until the business shall have been finished.

ARTICLE VIII. The Managers shall hold regular monthly meetings for the transaction of business. Five Managers shall constitute a quorum of the Board. Special meetings may be called by the Executive Committee.

ARTICLE IX. The President, and two members of the Board appointed by the President, shall form an Executive Committee, who shall have the care and oversight of all details, in consultation, when necessary, with members of District Committees, and who shall have the power to decide in all matters requiring immediate action, to be reported to the Board at the next monthly meeting.

ARTICLE X. There shall be an Advisory Board of not less than seven persons, to be elected by the Board of Managers, who shall be consulted by the Executive Committee whenever it is deemed necessary to refer to them for counsel.

ARTICLE XI. The Secretary, who shall be sworn, shall be Secretary both of the Board of Managers and of the Association, shall attend their meetings, and shall keep accurate records thereof, and perform all other duties incident to the office.

It shall be the duty of the Secretary to give notice of all meetings of the Board or of the Association at least three days

before the time of meeting, and to keep a record of all business transacted at the meetings.

ARTICLE XII. The Treasurer shall have charge of the funds of the Institution, shall keep its accounts, acknowledge donations and subscriptions, and present a statement of its affairs at each regular meeting of the Board, and at each annual meeting an account of the receipts and expenditures for the preceding financial year.

The Board of Managers shall appoint an Auditor of the Treasurer's books and accounts.

ARTICLE XIII. District Committees, consisting of two persons for each district, or nurse-at-large, shall each give a general report of the same at the regular meetings of the Board. When necessary and desirable, they shall visit the families of patients, and shall refer cases for aid to other charitable organizations.

ARTICLE XIV. The Supply Committee shall provide all necessary supplies, shall have charge of all articles lent, shall regulate their distribution, shall oversee their proper care, and shall keep a record of all gifts received for such purposes, and send due acknowledgments to all donors.

ARTICLE XV. No gifts *through the Nurses*, in money or its equivalent, will be permitted.

ARTICLE XVI. Amendments to these by-laws may be offered at any regular meeting of the Board of Managers for discussion, and may be acted upon and adopted at the next regular meeting of the Board, provided notice of such proposed amendment is given in the call for such last-named meeting.

RULES FOR NURSES.

RULE 1. Each nurse shall work for eight hours daily — this time to be extended at the discretion of the physician to whom she is assigned, subject only to immediate appeal to the Manager in charge. An intermission of two hours each day shall be allowed for rest and refreshment. Employment on Sunday and holidays shall be exceptional, also on night duty; and the latter shall be permitted at the request of the physician, only when due provision can be made for the care of other cases under the charge of the nurses. Night duty shall include the hours between 7 P.M. and 8 A.M. from April 1st to October 1st, and from 6 P.M. to 8 A.M. from October 1st to April 1st.

RULE 2. Two visits daily shall, as a rule, suffice for the performance of the most essential skilled service required, or for taking notes of the patient's condition as to pulse, temperature, etc., to report to the physician.

RULE 3. Nurses must be examples of neatness, order, cleanliness and sobriety. They shall also be responsible for the personal cleanliness of each patient under their charge, and for the care and cleanliness of the sick room. They shall, as far as possible, instruct the family of the patient in all such service, and in all cases requiring washing, cleansing, bandaging and dressing. They shall also endeavor to instruct some member of the patient's family in the care of the case, requiring strict obedience in carrying out the directions they have given.

RULE 4. Nurses attending cases of contagious disease shall be subject to special limitations in their attendance on all other patients, and shall be required to change their clothing and to use means of disinfection before visiting other patients or associating with other persons.

RULE 5. Nurses shall not attend normal confinement cases.

RULE 6. Nurses shall render any assistance that may be required during an operation by the physician.

RULE 7. No interference will be permitted with the religious or political opinions of patients ; and no instruction by the nurse on religion or temperance, by giving of tracts or otherwise, will be allowed.

RULE 8. Nurses shall not receive presents of any kind from patients or friends of patients, under any circumstances ; nor shall they give money, or its equivalent in any form.

RULE 9. In lending articles to the sick, each nurse must keep a receipt of the date of the loan, and require all articles to be returned clean and in good order.

RULE 10. Each nurse shall give a detailed report of her work each week to the Managers having superintendence of her charge, and she shall also give a general written report to the Executive Committee at the close of each month. Nurses shall be under the authority of the Board of Managers of the Association, and shall be subject to discharge at any time, in case of inefficiency, neglect of duty, or other misconduct ; and a nurse absenting herself from her post, without permission of the Executive Committee, shall be subject to instant discharge. The authority of the physicians over the nurses is limited to the carrying out of orders by the nurses in the care of the patients intrusted to them.

RULE 11. Nurses employed under Dispensary physicians shall work for the district physician alone to whom they are assigned. Nurses-at-large shall receive orders from such person only as shall be appointed by the Board of Managers. No nurse shall respond to any call except through the authorized channels.

RULE 12. Nurses shall be entitled to one month's vacation during the year ; and as their salaries are continued during this time it is required that they shall not exercise their profession, but it is expected that they will employ the whole time for rest and recuperation.

RULE 13. In case of dismissal, a nurse shall receive a month's notice, or a month's pay in lieu of notice ; and in case of resignation a month's notice will be required, or forfeiture of a month's pay.

FORM OF BEQUEST.

I give and bequeath unto the INSTRUCTIVE
DISTRICT NURSING ASSOCIATION, in Boston, in the
State of Massachusetts, incorporated in the year
1888, its successors and assigns, the sum of

